



CARDINAL CAFÉ WEEKLY MENU 2



Nutrition Facts: Apples are low in sodium, fat, and cholesterol. Apples are a good source of vitamin C and fiber. There are over 2,500 varieties in the United States.

BREAKFAST 2

Monday, Oct. 5, 2026

Sausage Gravy over Biscuit Or
PB&J OR Long John Or
Cold Cereal & Cheese Stick
Fruit &/Or Juice

Tuesday, Oct. 6, 2026

French Toast & Syrup Or
Frudel Or
Muffin & Cottage Cheese
Cold Cereal & Cheese Stick
Fruit &/Or Juice

Wednesday, Oct. 7, 2026 (starts @ 8:30)

Cinnamon Roll or Caramel Roll Or
PB&J Or Frudel Or
Cold Cereal & Cottage Cheese
Fruit &/Or Juice

Thursday, Oct. 8, 2026

Snack'N' Waffle Or
Frudel OR Long John Or
Cold Cereal & Cottage Cheese
Fruit &/Or Juice

Friday, Oct. 9, 2026

Egg Bacon & Cheese Muffin Or
PB&J or
Muffin & Cottage Cheese
Cold Cereal & Cheese Stick
Fruit &/Or Juice

LUNCH

Mon. Oct. 5, 2026

A. **HAMBURGER ON A BUN**
B. **GRAB'N'GO CHOICES AVAILABLE**
PEPPER FRIES
LEAF LETTUCE/TOMATO/ONION/PICKLES
TROPICAL FRUIT

Tues. Oct. 6, 2026

A. **DELI TURKEY HOAGIE**
B. **GRAB'N'GO CHOICES AVAILABLE**
LOADED ROTINI SALAD
SHREDDED LETTUCE/BANANA PEPPERS/PICKLES
SPINACH/TOMATO/ONION/PEPPERS
SEASONAL FRESH FRUIT

Wed. Oct. 7, 2026

A. **CHICKEN FRIED STEAK**
B. **GRAB'N'GO CHOICES AVAILABLE**
SLICED BREAD WITH BUTTER + JELLY
WHIPPED POTATO + GRAVY
CAESAR SALAD OR FRESH BABY CARROTS
DRIED FRUIT MIX

Thurs. Oct. 8, 2026

A. **NACHO SUPREME WITH TORTILLA CHIPS**
B. **YOGURT PARFAIT**
REFRIED BEANS
SHREDDED LETTUCE/TOMATOES/ONIONS/PEPPERS
SALSA/SOUR CREAM
ROSY APPLESAUCE

Fri. Oct. 9, 2026

A. **STUFFED CRUST PIZZA**
B. **GRAB'N'GO CHOICES AVAILABLE**
GLAZED CARROTS + ROMAINE SALAD
MANDARIN ORANGES
PEANUT BUTTERFINGER BAR



Vending Available 24/7

Each Meal Includes Choice of Milk. Water available daily.

This institution is an equal opportunity employer and provider.

Menu is subject to change based on shortages / seasonal availability.